

Behave The Biology Of Humans At Our Best And Worst

Explores the impact and inconsistencies of human evolution upon human nature, examining the physical, intellectual, cultural, and sexual aspects of human development and behaviors in the light of current scientific theory.

The Unpredictable Species argues that the human brain evolved in a way that enhances our cognitive flexibility and capacity for innovation and imitation. In doing so, the book challenges the central claim of evolutionary psychology that we are locked into predictable patterns of behavior that were fixed by genes, and refutes the claim that language is innate. Philip Lieberman builds his case with evidence from neuroscience, genetics, and physical anthropology, showing how our basal ganglia--structures deep within the brain whose origins predate the dinosaurs--came to play a key role in human creativity. He demonstrates how the transfer of information in these structures was enhanced by genetic mutation and evolution, giving rise to supercharged neural circuits linking activity in different parts of the brain. Human invention, expressed in different epochs and locales in the form of stone tools, digital computers, new art forms, complex civilizations--even the latest fashions--stems from these supercharged circuits. The Unpredictable Species boldly upends scientifically controversial yet popular beliefs about how our brains actually work. Along the way, this compelling book provides insights into a host of topics related to human cognition, including associative learning, epigenetics, the skills required to be a samurai, and the causes of cognitive confusion on Mount Everest and of Parkinson's disease.

Professor Robert Sapolsky explores the physiological effects of stress on the human body.

For all the discussion in the media about creationism and 'Intelligent Design', virtually nothing has been said about the evidence in question - the evidence for evolution by natural selection. Yet, as this succinct and important book shows, that evidence is vast, varied, and magnificent, and drawn from many disparate fields of science. The very latest research is uncovering a stream of evidence revealing evolution in action - from the actual observation of a species splitting into two, to new fossil discoveries, to the deciphering of the evidence stored in our genome. Why Evolution is True weaves together the many threads of modern work in genetics, palaeontology, geology, molecular biology, anatomy, and development to demonstrate the 'indelible stamp' of the processes first proposed by Darwin. It is a crisp, lucid, and accessible statement that will leave no one with an open mind in any doubt about the truth of evolution.

Memory and Learning in Plants

The Epigenetics Revolution

A Story of Race, Murder and a Small Town's Struggle for Redemption

Why Is Life the Way It Is?

Behave

How Modern Biology Is Rewriting Our Understanding of Genetics, Disease, and Inheritance

Human Aggression, Human Compassion, and the Ambiguities of Biology

Two neuroscientists reveal why consciousness exists and how it works by examining eighteen increasingly intelligent minds, from microbes to humankind—and beyond. Why do you exist? How did atoms and molecules transform into sentient creatures that experience longing, regret, compassion, and even marvel at their own existence? What does it truly mean to have a mind—to think? Science has offered few answers to these existential questions until now. Journey of the Mind is the first book to offer a unified account of the mind that explains how consciousness, language, self-awareness, and civilization arose incrementally out of chaos. The journey begins three billion years ago with the emergence of the universe's simplest possible mind. From there, the book explores the nanoscopic archaean, whose thinking machinery consists of a handful of molecules, then advances through amoebas, worms, frogs, birds, monkeys, and humans, explaining what each “new” mind could do that previous minds could not. Though they admire the triumph of human consciousness, Ogi Ogas and Sai Gaddam argue that humans are hardly the most sophisticated minds on the planet. The same physical principles that produce human self-awareness are leading cities and nation-states to develop “superminds,” and perhaps planting the seeds for even higher forms of consciousness. Written in lively, accessible language accompanied by vivid illustrations, Journey of the Mind is a mind-bending work of popular science, the first general book to share the cutting-edge mathematical basis for consciousness, language, and the self. It shows how a “unified theory of the mind” can explain the mind's greatest mysteries—and offer clues about the ultimate fate of all minds in the universe.

A collection of original essays by a leading neurobiologist and primatologist shares the author's insights into behavioral biology, in a volume that focuses on three primary topics, including the physiology of genes, the human body, and the factors that shape human social interaction. By the author of A Primate's Memoir. Reprint. 25,000 first printing.

"Traces the story of Uber's rapid growth from its murky origins to its plans for expansion into radically different industries. The company is fighting local competitors and lawmakers for markets around the world; it has already faced riots and protests in cities like Paris, Rio de Janeiro, and Mumbai. It fought, and lost, an expensive and grueling battle against rival Didi in China. Uber has also poached entire departments from top research universities in a push to build the first self-driving car and possibly replace the very drivers it's worked so hard to recruit. Uber is in the headlines every day, but so much about its past and its future plans are still unknown to the public"--

DISCLAIMER: This is a book summary of B?h?v? The B??l?g? ?f Hum?n? ?t Our Best and Worst B? Robert Sapolsky and is not the original book. This b??k ?? n?t m??nt t? r??l??? th? ?r?g?n?l b??k but t? ??rv? ?? a companion t? ?t.SYNOPSIS: Hum?n? ?r? ??m?!?x b?ng?, ?nd hum?n b?h?v???r doubly so. Ev?r? hum?n ?t ?? a result ?f a m?r??d ?factors, from br??n ?h?m??tr? t? ????l conditioning, th?t h?v? d?v?l???d ?v?r m?ll?nn?. In B?h?v? (2017), renowned ?r?j????r R?b?rt S?????k? takes a j?urn?? ?nt? the d??h? of the human ??nd?t??n, d?m?n?tr?t?ng th? r?????n? b?h?nd th? b??t - and w?r?t - of hum?n b?h?v???r. ABOUT TH? AUTH?R: Robert S?????k? is the J?hn A. ?nd C?nth?? Fr? Gunn Pr?j????r of Neurology and N?ur?urg?r? ?t St?nj?rd Un?v?r???t?. H? h?? also wr?t?n ?h?r h?ghl? ???l??m?d ?nd popular ????n?? books ?n?lud?ng The Trouble w?th T??t?r?n? and A Pr?m?t??? M?m??r.

The Secret Life of the Brain

The Hidden Rules of English Behavior Revised and Updated

The Science Behind What Makes Your Brain Unique

The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping (Third Edition)

The Better Angels of Our Nature

From Bacteria to Bach and Back: The Evolution of Minds

Life, Feeling, and the Making of Cultures

Why is life the way it is? Bacteria evolved into complex life just once in four billion years of life on earth-and all complex life shares many strange properties, from sex to ageing and death. If life evolved on other planets, would it be the same or completely different?In The Vital Question, Nick Lane radically reframes evolutionary history, putting forward a cogent solution to conundrums that have troubled scientists for decades. The answer, he argues, lies in energy: how all life on Earth lives off a voltage with the strength of a bolt of lightning. In unravelling these scientific enigmas, making sense of life's quirks, Lane's explanation provides a solution to life's vital questions: why are we as we are, and why are we here at all?This is ground-breaking science in an accessible form, in the tradition of Charles Darwin's The Origin of Species, Richard Dawkins' The Selfish Gene, and Jared Diamond's Guns, Germs and Steel.

From one of our preeminent neuroscientists: a landmark reflection that spans the biological and social sciences, offering a new way of understanding the origins of life, feeling, and culture. The Strange Order of Things is a pathbreaking investigation into homeostasis, the condition of that regulates human physiology within the range that makes possible not only the survival but also the flourishing of life. Antonio Damasio makes clear that we descend biologically, psychologically, and even socially from a long lineage that begins with single living cells; that our minds and cultures are linked by an invisible thread to the ways and means of ancient unicellular life and other primitive life-forms; and that inherent in our very chemistry is a powerful force, a striving toward life maintenance that governs life in all its guises, including the development of genes that help regulate and transmit life. In The Strange Order of Things, Damasio gives us a new way of comprehending the world and our place in it.

PLEASE NOTE: This is a companion to Robert M. Sapolsky ' s Why Zebras Don ' t Get Ulcers and NOT the original book. Preview: Why Zebras Don ' t Get Ulcers (2004) by Robert Sapolsky is a thorough explanation of the impact of chronic stress on the body. It describes the many systems and mechanisms that stress triggers, and the ways that those systems and mechanisms can malfunction... Inside this companion to the book: · Overview of the Book · Insights from the Book · Important People · Author's Style and Perspective · Intended Audience About the Author: With Instaread, you can get the notes and insights from a book in 15 minutes or less. Visit our website at instaread.co.

The Cambridge Advanced Learner's Dictionary gives the vital support which advanced students need, especially with the essential skills: reading, writing, listening and speaking. In the book: * 170,000 words, phrases and examples * New words: so your English stays up-to-date * Colour headwords: so you can find the word you are looking for quickly * Idiom Finder * 200 'Common Learner Error' notes show how to avoid common mistakes * 25,000 collocations show the way words work together * Colour pictures: 16 full page colour pictures On the CD-ROM: * Sound: recordings in British and American English, plus practice tools to help improve pronunciation * UNIQUE! Smart Thesaurus helps you choose the right word * QUICKfind looks up words for you while you are working or reading on screen * UNIQUE! SUPERwrite gives on screen help with grammar, spelling and collocation when you are writing * Hundreds of interactive exercises

Unique

This Boy's Faith

Why Evolution is True

Journey of the Mind: How Thinking Emerged from Chaos

The New Science of Human Individuality

How Emotions Are Made

Summary of Behave by Robert Sapolsky

In this changing world of what is deemed socially and politically "correct," polygamy is perhaps the last great taboo. Over the course of the last thousand years, monogamy - at least in name - has been the default setting for coupledom and procreation. And inklings that "one-man, one-woman" may not be the most natural state-of-being for humans. The recent Ashley Madison "cheaters website" hacking, coupled with the high divorce rate of the last half-century, provide more than enough evidence to convince monogamy, andthe institution of marriage which props it up, is doomed to be a bygone remnant of a more socially conservative past.Esteemed writer and evolutionary biologist David P. Barash tackles this uncomfortable finding: that humans are actually biologically inclined toward polygamy. With years of research in the field to back up this argument, Barash presents hundreds of anecdotes from bothevolutionary biology and human history that guide the reader through the societal impacts of monogamy and polygamy others unexpected (the most successful models of parenting). Despite this natural inclination of humanity, Barash is reassuring throughout thisfascinating read in his resolution that "biology is not destiny."

Why do we do what we do? Behave is at once a dazzling tour and a majestic synthesis of the whole science of human behaviour. Brought to life through simple language, engaging stories and irreverent wit, it offers the fullest picture yet of the origins of t competition, morality and free will, war and peace. Robert Sapolsky's ingenious method is to move backwards in time from the moment at which a behaviour occurs, layer by layer through the myriad influences that led to it: - We begin with the split-second system... - Then we consider our response to sight, sound and smell in the minutes and seconds beforehand... - Next he explains the interactions of hormones, which prime our behaviour in the preceding hours and days... - He proceeds through the experience development that shape us over our lifespans... - And continues over centuries and millennia through the profound influences of genetic inheritance, cultural context and ultimately the evolutionary origins of our species. Throughout, Sapolsky considers the n acts of aggression or compassion? What inspires us to terrible deeds and what might help foster our best behaviour? Wise, humane, often very funny, Behave is a towering achievement, powerfully humanizing, that is unlikely to be surpassed for many years. Drawn from detailed interviews with an extraordinary cast of characters, a shocking true account retells the brutal murder of James Byrd, Jr., a forty-nine-year-old black man who was chained to the bumper of a truck and dragged down a country road by a eyes of Sheriff Billy Rowles, who is forced to face a town filled with racism and hate. Reprint. 15,000 first printing.

Offering a unique insight into human behaviour, this book explains why we behave the way we do and what happens when humans interact with the world and each other. Starting with evolutionary biology and what it physically means to be a human being, a range of topics such as artificial intelligence, virtual reality and how we are evolving as we interact with new technology. There will be sections on how we perceive the world, such as why our brains - rather than our senses - can tell us about the world and everyday things we can relate to, such as why your queue is mathematically proven to always be slower. The Science of Being Human explains all these human phenomena and how science, maths, psychology and other disciplines play their part.

Genes, Cultures, and the Human Prospect

The Trouble With Testosterone

Summary of Robert M. Sapolsky's Behave by Swift Reads

Science and the Navy

Stress, the Aging Brain, and the Mechanisms of Neuron Death

The Pleasure Trap

A Novel

“Startling in scope and bravado.” –Janet Maslin, The New York Times “Artfully envisions a breathtakingly better world.” –Los Angeles Times “Elaborate, smart and persuasive.” –The Boston Globe “A pleasure to read.” –The Wall Street Journal One of CBS News’s Best Fall Books of 2005 • Among St Louis Post–Dispatch’s Best Nonfiction Books of 2005 • One of Amazon.com’s Best Science Books of 2005 A radical and optimistic view of the future course of human development from the bestselling author of How to Create a Mind and The Singularity is Nearer who Bill Gates calls “the best person I know at predicting the future of artificial intelligence” For over three decades, Ray Kurzweil has been one of the most respected and provocative advocates of the role of technology in our future. In his classic The Age of Spiritual Machines, he argued that computers would soon rival the full range of human intelligence at its best. Now he examines the next step in this inexorable evolutionary process: the union of human and machine, in which the knowledge and skills embedded in our brains will be combined with the vastly greater capacity, speed, and knowledge-sharing ability of our creations.

Inspired by the abundance of unique personalities available on dating websites, a renowned neuroscientist examines the science of what makes you, you. David J. Linden has devoted his career to understanding the biology common to all humans. But a few years ago he found himself on OkCupid. Looking through that vast catalog of human diversity, he got to wondering: What makes us all so different? Unique is the riveting answer. Exploring everything from the roots of sexuality, gender, and intelligence to whether we like bitter beer, Linden shows how our individuality results not from a competition of nature versus nurture, but rather from a mélange of genes continually responding to our experiences in the world, beginning in the womb. And he shows why individuality matters, as it is our differences that enable us to live together in groups. Told with Linden's unusual combination of authority and openness, seriousness of purpose and wit, Unique is the story of how the factors that make us all human can change and interact to make each of us a singular person.

BehaveThe Biology of Humans at Our Best and WorstPenguin

"A supremely enjoyable, intoxicating work." –Nature How did we come to have minds? For centuries, poets, philosophers, psychologists, and physicists have wondered how the human mind developed its unrivaled abilities. Disciples of Darwin have explained how natural selection produced plants, but what about the human mind? In From Bacteria to Bach and Back, Daniel C. Dennett builds on recent discoveries from biology and computer science to show, step by step, how a comprehending mind could in fact have arisen from a mindless process of natural selection. A crucial shift occurred when humans developed the ability to share memes, or ways of doing things not based in genetic instinct. Competition among memes produced thinking tools powerful enough that our minds don't just perceive and react, they create and comprehend. An agenda-setting book for a new generation of philosophers and scientists, From Bacteria to Bach and Back will delight and entertain all those curious about how the mind works.

The Biology of Humans at Our Best and Worst

A Neuroscientist's Unconventional Life Among the Baboons

The Evolution of Beauty

Guide to Robert M. Sapolsky's Why Zebras Don't Get Ulcers by Instaread

The Science of Being Human

A Death in Texas

Why We Behave, Think and Feel the Way We Do

This book assembles recent research on memory and learning in plants. Organisms that share a capability to store information about experiences in the past have an actively generated background resource on which they can compare and evaluate coming events better. This is an essential tool for all adaptation purposes. Such memory/learning skills can be found from bacteria up to fungi, animals and plants, although until recently it had been mentioned only as capabilities of higher animals. With the rise of epigenetic experiences on the genetic level is an essential perspective to understand memory and learning in organisms. Plants are highly sensitive organisms that actively compete for environmental resources. They assess their surroundings, estimate how much energy they can realize the optimum variant. They take measures to control certain environmental resources. They perceive themselves and can distinguish between ‘self’ and ‘non-self’. They process and evaluate information and then modify their behavior accordingly. The book investigations on these skills of plant behavior and on how plants mediate signaling processes between themselves and the environment in memory and learning processes.

Addressing all those interested in the history of American science and concerned with its future, a leading scholar of public policy explains how and why the Office of Naval Research became the first federal agency to support a wide range of scientific work. The ONR functioned as a “surrogate national science foundation” between 1946 and 1950 and argues that its activities emerged not from any particularly enlightened position but largely from a bureaucratic accident. Once involved with basic research, however, the ONR’s value of independent scientific advice and established a national security rationale that gave American science its Golden Age. Eventually, the ONR’s autonomy was worn away in bureaucratic struggles, but Sapolsky demonstrates that its experience holds lessons for the effective management of science and interested in the ability of scientists to choose the directions for their research. As military support for basic research fades, scientists are discovering that they are unprotected from the vagaries of distributive politics. The Legacy Library uses the latest print-on-demand technology to again make available previously out-of-print books from the distinguished backlist of Princeton University Press. These editions preserve the original texts of these important books while presenting new print editions. The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905.

Looking beyond the now widely recognized relationships between stress and physical illness, this accessible and engagingly written book suggests that stress and stress-related hormones can also endanger the brain. Strategies to reduce stress and method of stress proposed, and the relevance for humans of the animal research findings are clearly delineated. Sapolsky provides an extensive review of the recent, exciting data on glucocorticoids, the adrenal steroid hormones (hydrocortisone or cortisol in humans) that are produced by the adrenal glands. These hormones can damage the brain and make neurons more vulnerable to neurological insults. The findings he reports and ideas he synthesizes may have profound implications for understanding brain aging and resistance of the brain to the damaging effects of Alzheimer’s disease. In part I Sapolsky focuses on how the failure of glucocorticoid regulation and subsequent excessive secretion combine to cause a complex cascade of degeneration in the brain during aging. In part 11 he addresses the implications of this chapter includes a helpful summary of the major points discussed as well as a capsule review of information from the previous chapters. Robert M. Sapolsky is Associate Professor of Biology and Neuroscience at Stanford University. He is also Research Associate at the National Museums of Kenya, Nairobi, and a MacArthur Fellow.

Why do we do the things we do? Over a decade in the making, this game-changing book is Robert Sapolsky’s genre-shattering attempt to answer that question as fully as perhaps only he could, looking at it from every angle. Sapolsky’s storytelling concept is simple in logic: he starts by looking at the factors that bear on a person’s reaction in the precise moment a behavior occurs, and then hops back in time from there, in stages, ultimately ending up at the deep history of our species and its genetic inheritance. And so he tells the neurobiological one. What goes on in a person’s brain a second before the behavior happens? Then he pulls out to a slightly larger field of vision, a little earlier in time: What sight, sound, or smell triggers the nervous system to produce that behavior? And then he asks how change how responsive that individual is to the stimuli which trigger the nervous system? By now, he has increased our field of vision so that we are thinking about neurobiology and the sensory world of our environment and endocrinology in trying to explain to what features of the environment affected that person’s brain, and then back to the childhood of the individual, and then to their genetic makeup. Finally, he expands the view to encompass factors larger than that one individual. How culture has shaped human behavior helped shape that culture, and on and on, back to evolutionary factors thousands and even millions of years old. The result is one of the most dazzling tours de horizon of the science of human behavior ever attempted, a majestic synthesis that harvests cutting-edge research to provide a subtle and nuanced perspective on why we ultimately do the things we do...for good and for ill. Sapolsky builds on this understanding to wrestle with some of our deepest and thorniest questions relating to tribalism and xenophobia, hierarchy and leadership, peace. Wise, humane, often very funny, Behave is a towering achievement, powerfully humanizing, and downright heroic in its own right.

The Surprising Consequences of Polygamy

Human Natures

Why Zebras Don't Get Ulcers
The Unpredictable Species
And Other Essays on Our Lives as Animals

How Darwin's Forgotten Theory of Mate Choice Shapes the Animal World - and Us

What happened along the evolutionary trail that made humans so unique? In his accessible style, Michael Gazzaniga pinpoints the change that made us thinking, sentient humans different from our predecessors. He explores what makes human brains special, the importance of language and art in defining the human condition, the nature of human consciousness, and even artificial intelligence.

Epigenetics can potentially revolutionize our understanding of the structure and behavior of biological life on Earth. It explains why mapping an organism's genetic code is not enough to determine how it develops or acts and shows how nurture combines with nature to engineer biological diversity.

Surveying the twenty-year history of the field while also highlighting its latest findings and innovations, this volume provides a readily understandable introduction to the foundations of epigenetics. Nessa Carey, a leading epigenetics researcher, connects the field's arguments to such diverse phenomena as how ants and queen bees control their colonies; why tortoiseshell cats are always female; why some plants need cold weather before they can flower; and how our bodies age and develop disease. Reaching beyond biology, epigenetics now informs work on drug addiction, the long-term effects of famine, and the physical and psychological consequences of childhood trauma. Carey concludes with a discussion of the future directions for this research and its ability to improve human health and well-being.

With echoes of Rules of Civility and The Boston Girl, a compelling and thought-provoking novel set in postwar New York City, about two women—one Jewish, one a WASP—and the wholly unexpected consequences of their meeting. One rainy morning in June, two years after the end of World War II, a minor traffic accident brings together Eleanor Moskowitz and Patricia Bellamy. Their encounter seems fated: Eleanor, a teacher and recent Vassar graduate, needs a job. Patricia's difficult thirteen-year-old daughter Margaux, recovering from polio, needs a private tutor. Though she feels out of place in the Bellamys' rarefied and elegant Park Avenue milieu, Eleanor forms an instant bond with Margaux. Soon the idealistic young woman is filling the bright young girl's mind with Shakespeare and Latin. Though her mother, a hat maker with a little shop on Second Avenue, disapproves, Eleanor takes pride in her work, even if she must use the name "Moss" to enter the Bellamys' restricted doorman building each morning, and feels that Patricia's husband, Wynn, may have a problem with her being Jewish. Invited to keep Margaux company at the Bellamys' country home in a small town in Connecticut, Eleanor meets Patricia's unreliable, bohemian brother, Tom, recently returned from Europe. The spark between Eleanor and Tom is instant and intense. Flushed with new romance and increasingly attached to her young pupil, Eleanor begins to feel more comfortable with Patricia and much of the world she inhabits. As the summer wears on, the two women's friendship grows—until one hot summer evening, a line is crossed, and both Eleanor and Patricia will have to make important decisions—choices that will reverberate through their lives. Gripping and vividly told, Not Our Kind illuminates the lives of two women on the cusp of change—and asks how much our pasts can and should define our futures.

Presents a controversial history of violence which argues that today's world is the most peaceful time in human existence, drawing on psychological insights into intrinsic values that are causing people to condemn violence as an acceptable measure.

The Singularity Is Near

Human

And Other Essays On The Biology Of The Human Predi

Inside Uber's Quest for World Domination

Monkeyluv

What Makes Humans Unique

When Humans Transcend Biology

THE NEW YORK TIMESBESTSELLER WINNER OF THE 2017 LA TIMES BOOK PRIZE FOR SCIENCE AND TECHNOLOGY 'Awe-inspiringa You will learn more about human nature than in any other book I can think of' Henry Marsh 'One of the best scientist-writers of our time' Oliver Sacks Why do human beings behave as they do? We are capable of savage acts of violence but also spectacular feats of kindness- is one side of our nature destined to win out over the other? Every act of human behaviour has multiple layers of causation, spiralling back seconds, minutes, hours, days, months, years, even centuries, right back to the dawn of time and the origins of our species. In the epic sweep of history, how does our biology affect the arc of war and peace, justice and persecution? How have our brains evolved alongside our cultures? This is the exhilarating story of human morality and the science underpinning the biggest question of all- what makes us human?

Preeminent psychologist Lisa Barrett lays out how the brain constructs emotions in a way that could revolutionize psychology, health care, the legal system, and our understanding of the human mind. "Fascinating . . . A thought-provoking journey into emotion science."—The Wall Street Journal "A singular book, remarkable for the freshness of its ideas and the boldness and clarity with which they are presented."—Scientific American "A brilliant and original book on the science of emotion, by the deepest thinker about this topic since Darwin."—Daniel Gilbert, best-selling author of Stumbling on Happiness The science of emotion is in the midst of a revolution on par with the discovery of relativity in physics and natural selection in biology. Leading the charge is psychologist and neuroscientist Lisa Feldman Barrett, whose research overturns the long-standing belief that emotions are automatic, universal, and hardwired in different brain regions. Instead, Barrett shows, we construct each instance of emotion through a unique interplay of brain, body, and culture. A lucid report from the cutting edge of emotion science, How Emotions Are Made reveals the profound real-world consequences of this breakthrough for everything from neuroscience and medicine to the legal system and even national security, laying bare the immense implications of our latest and most intimate scientific revolution.

The international hit returns with even more wit and insight into the hidden rules that make England English.

Finalist for the Los Angeles Times Book Prize From the man who Oliver Sacks hailed as "one of the best scientist/writers of our time," a collection of sharply observed, uproariously funny essays on the biology of human culture and behavior. In the tradition of Stephen Jay Gould and Oliver Sacks, Robert Sapolsky offers a sparkling and erudite collection of essays about science, the world, and our relation to both. "The Trouble with Testosterone" explores the influence of that notorious hormone on male aggression. "Curious George's Pharmacy" reexamines recent exciting claims that wild primates know how to medicate themselves with forest plants. "Junk Food Monkeys" relates the adventures of a troop of baboons who stumble upon a tourist garbage dump. And "Circling the Blanket for God" examines the neurobiological roots underlying religious belief. Drawing on his career as an evolutionary biologist and neurobiologist, Robert Sapolsky writes about the natural world vividly and insightfully. With candor, humor, and rich observations, these essays marry cutting-edge science with humanity, illuminating the interconnectedness of the world's inhabitants with skill and flair.

Out of Eden

Watching the English, Second Edition

Not Our Kind

The Vital Question

Wild Ride

Cambridge Advanced Learner's Dictionary KLETT VERSION

A Primate's Memoir

The authors offer unique insights into the factors that make us susceptible to dietary and lifestyle excesses, and present ways to restore the biological processes designed by nature to keep us running at maximum efficiency and vitality. A wake-up call to even the most health conscious people, The Pleasure Trap boldly challenges conventional wisdom about sickness and unhappiness in today's contemporary culture, and offers groundbreaking solutions for achieving change. Authors Douglas Lisele, Ph.D., and Alan Goldhamer, D.C., provide a fascinating new perspective on how modern life can turn so many smart, savvy people into the unwitting saboteurs of their own well-being. Inspired by stunning original research, comprehensive clinical studies, and their successes with thousands of patients, the authors construct a new paradigm for the psychology of health, offering fresh hope for anyone stuck in a self-destructive rut. Integrating principals of evolutionary biology with trailblazing, proactive strategies for well

Behave: The Biology of Humans at Our Best and Worst (2017) explains the numerous biological, cultural, and evolutionary factors that shape human behavior. Neurobiologist Robert M. Sapolsky uses studies from various scientific disciplines, including neurology, psychology, sociology, and anthropology, to explore why humans exhibit variable responses to both provocative and mundane situations... Purchase this in-depth summary to learn more.

A FINALIST FOR THE PULITZER PRIZE NAMED A BEST BOOK OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW, SMITHSONIAN, AND WALL STREET JOURNAL A major reimagining of how evolutionary forces work, revealing how mating preferences—what Darwin termed

"the taste for the beautiful"—create the extraordinary range of ornament in the animal world. In the great halls of science, dogma holds that Darwin's theory of natural selection explains every branch on the tree of life: which species thrive, which wither away to extinction, and what features each evolves.

But can adaptation by natural selection really account for everything we see in nature? Yale University ornithologist Richard Prum—reviving Darwin's own views—thinks not. Deep in tropical jungles around the world are birds with a dizzying array of appearances and mating displays: Club-winged Manakins who sing with their wings, Great Argus Pheasants who dazzle prospective mates with a four-foot-wide cone of feathers covered in golden 3D spheres, Red-capped Manakins who moonwalk. In thirty years of fieldwork, Prum has seen numerous display traits that seem disconnected from, if not outright contrary to, selection for individual survival. To explain this, he dusts off Darwin's long-neglected theory of sexual selection in which the act of choosing a mate for purely aesthetic reasons—for the mere pleasure of it—is an independent engine of evolutionary change. Mate choice can drive ornamental traits from the constraints of adaptive evolution, allowing them to grow ever more elaborate. It also sets the stakes for sexual conflict, in which the sexual autonomy of the female evolves in response to male sexual control. Most crucially, this framework provides important insights into the evolution of human sexuality, particularly the ways in which female preferences have changed male bodies, and even maleness itself, through evolutionary time. The Evolution of Beauty presents a unique scientific vision for how nature's splendor contributes to a more complete understanding of evolution and of ourselves.

Renowned primatologist Robert Sapolsky offers a completely revised and updated edition of his most popular work, with over 225,000 copies in print Now in a third edition, Robert M. Sapolsky's acclaimed and successful Why Zebras Don't Get Ulcers features new chapters on how stress affects sleep and addiction, as well as new insights into anxiety and personality disorder and the impact of spirituality on managing stress. As Sapolsky explains, most of us do not lie awake at night worrying about whether we have leprosy or malaria. Instead, the diseases we fear-and the ones that plague us now-are illnesses brought on by the slow accumulation of damage, such as heart disease and cancer. When we worry or experience stress, our body turns on the same physiological responses that an animal's does, but we do not resolve conflict in the same way-through fighting or fleeing. Over time, this activation of a stress response makes us literally sick. Combining cutting-edge research with a healthy dose of good humor and practical advice, Why Zebras Don't Get Ulcers explains how prolonged stress causes or intensifies a range of physical and mental afflictions, including depression, ulcers, colitis, heart disease, and more. It also provides essential guidance to controlling our stress responses. This new edition promises to be the most comprehensive and engaging one yet.

Why Violence Has Declined

The Strange Order of Things

Stress and Your Body

Notes from a Southern Baptist Upbringing

Seven and a Half Lessons about the Brain

Mastering the Force that Undermines Health & Happiness

The History of the Office of Naval Research

The New York Times Bestseller "It's no exaggeration to say that Behave is one of the best nonfiction books I've ever read." —David P. Barash, *The Wall Street Journal* **"It has my vote for science book of the year."** —Parul Sehgal, *The New York Times* **"Hands-down one of the best books I've read in years. I loved it."** —Dina Temple-Raston, *The Washington Post* **Named a Best Book of the Year by The Washington Post and The Wall Street Journal** From the celebrated neurobiologist and primatologist, a landmark, genre-defining examination of human behavior, both good and bad, and an answer to the question: **Why do we do the things we do? Sapolsky's storytelling concept is delightful but it also has a powerful intrinsic logic: he starts by looking at the factors that bear on a person's reaction in the precise moment a behavior occurs, and then hops back in time from there, in stages, ultimately ending up at the deep history of our species and its evolutionary legacy. And so the first category of explanation is the neurobiological one. A behavior occurs--whether an example of humans at our best, worst, or somewhere in between. What went on in a person's brain a second before the behavior happened? Then Sapolsky pulls out to a slightly larger field of vision, a little earlier in time: What sight, sound, or smell caused the nervous system to produce that behavior? And then, what hormones acted hours to days earlier to change how responsive that individual is to the stimuli that triggered the nervous system? By now he has increased our field of vision so that we are thinking about neurobiology and the sensory world of our environment and endocrinology in trying to explain what happened. Sapolsky keeps going: How was that behavior influenced by structural changes in the nervous system over the preceding months, by that person's adolescence, childhood, fetal life, and then back to his or her genetic makeup? Finally, he expands the view to encompass factors larger than one individual. How did culture shape that individual's group, what ecological factors millennia old formed that culture? And on and on, back to evolutionary factors millions of years old. The result is one of the most dazzling tours d'horizon of the science of human behavior ever attempted, a majestic synthesis that harvests cutting-edge research across a range of disciplines to provide a subtle and nuanced perspective on why we ultimately do the things we do...for good and for ill. Sapolsky builds on this understanding to wrestle with some of our deepest and thorniest questions relating to tribalism and xenophobia, hierarchy and competition, morality and free will, and war and peace. Wise, humane, often very funny, Behave is a towering achievement, powerfully humanizing, and downright heroic in its own right.**

From the author of How Emotions Are Made, a myth-busting primer on the brain, in the tradition of Seven Brief Lessons on Physics and Astrophysics for People in a Hurry

An unforgettable memoir about growing up Southern, grappling with faith, and confronting a childhood colored by religion, Bible Belt culture, and a mother who minces words better than a food processor A child stumbles upon a vintage photograph and glimpses salvation. A young girl vanishes in a famous cavern when she runs away from her tour group. A hijacked plane circles overhead, its passengers' lives in jeopardy. A mystical stranger, a refugee from the Holocaust, seals off her secrets behind an elusive smile. From simple blessings to historical tragedies to random twists of fate, This Boy's Faith plumbs the uncanny mysteries and surprising revelations at the heart of a Southern Baptist childhood. Hamilton Cain came to Jesus on a trampoline, or as his devout parents described it, "He just jumped and bounced his way to the Lord."

Growing up in Tennessee in the 1970s and '80s, he set himself on the path to becoming the best Baptist boy he could be. The veil between the concrete and the magical shimmered all around him, nourishing his soul. Religion was a map to help him navigate his life, to steer away from the reefs of temptation. Yet as he grew older, Hamilton began to notice fractures and cracks in a world that had once promised sanctuary and transcendence, perils threatening to shatter the protective shell of family and community. Like an escape artist, he cut himself free from his evangelical milieu, and eventually gravitated north, to cosmopolitan New York. Twenty years later, the smooth flow of Hamilton's life reversed itself yet again when his first child was born with a grave genetic disease. Thrown into a chasm of confusion and despair, he found the primal voices of his original culture reaching out to him. He picked up that faded, half-forgotten script to see what values, if any, could steady him in the here and now. The result is a story of growing up Baptist, and then growing up. Haunting, evocative, and gorgeously written, Hamilton Cain's debut will resonate with fans of poignant personal memoir, readers interested in faith and spirituality, and anyone who has known what it's like to engage the complexities and contradictions of one's past.

In the tradition of Jane Goodall and Dian Fossey, Robert Sapolsky, a foremost science writer and recipient of a MacArthur Genius Grant, tells the mesmerizing story of his twenty-one years in remote Kenya with a troop of Savannah baboons. "I had never planned to become a savanna baboon when I grew up; instead, I had always assumed I would become a mountain gorilla," writes Robert Sapolsky in this witty and riveting chronicle of a scientist's coming-of-age in remote Africa. An exhilarating account of Sapolsky's twenty-one-year study of a troop of rambunctious baboons in Kenya, A Primate's Memoir interweaves serious scientific observations with wry commentary about the challenges and pleasures of living in the wilds of the Serengeti—for man and beast alike. Over two decades, Sapolsky survives culinary atrocities, gunpoint encounters, and a surreal kidnapping, while witnessing the encroachment of the tourist mentality on the farthest vestiges of unspoiled Africa. As he conducts unprecedented physiological research on wild primates, he becomes evermore enamored of his subjects—unique and compelling characters in their own right—and he returns to them summer after summer, until tragedy finally prevents him. By turns hilarious and poignant, A Primate's Memoir is a magnum opus from one of our foremost science writers.